



Ser feliz es una decisión (Spanish Edition)

By Fabián Ciarlotti

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Ser feliz es una decisión es un profundo pensamiento compactado en una sola máxima, aforismo, axioma... o sutra.

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Un sutra es una puerta a otra forma de vida, ya que la única forma de que cambien las cosas, es que cambiemos la forma de verlas.

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Editorial Review

About the Author

Fabián Ciarlotti is an Argentinean doctor and kinesiologist. He is a professor at the University of Buenos Aires and Universidad Maimónides, where he directs programs in kinesiology and Ayurvedic medicine. He is the author of *Ayurveda y Sexo Tántrico*, *Ayurveda y Filosofía*, and *Ayurveda y la Mente* among other books.

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